

## HELP YOUR CHILD GROW

### What your child needs to grow well:

Lots of love and attention

Enough healthy foods

Enough sleep

### What keeps a child from growing well?

Not feeling loved or important

Sickness

Not eating enough healthy foods

### Ask Yourself These Questions if your child is not growing well...

These questions might help you decide to change some of the ways you feed your child.

Does my child often eat candy, chips, cookies and soft drinks?

Is my child getting enough milk every day?

Am I giving my child a wide variety of foods?

Does my child get healthy foods for snacks?

Am I making mealtime as pleasant as possible?

## To Help Your Child Grow

Here is a handy guide for you and for anyone else who is feeding your child:

### Meals

Always feed your child breakfast. Sometimes children eat breakfast best.

For lunch and supper, give one or more foods from each of these food groups:

Milk, Yogurt and Cheese Group

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group

Vegetable Group

Fruit Group

Bread, Cereal, Rice and Pasta Group

### Snacks

For extra calories and protein, give foods from these groups:

Milk, Yogurt and Cheese Group

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group

Try:

Peanut butter on crackers

Bean burritos

Bean dip on crackers

Cheese toast

Deviled eggs

Hard boiled eggs

Ask a dietitian or nurse about getting extra calories from regular milk and other foods high in fat.



Adapted from the Louisiana WIC Program nutrition education materials and may not be revised or reproduced without permission from the Louisiana WIC Program.

Department of Health and Family Services  
Division of Public Health  
POH 4893 (09/98)

State of Wisconsin